



WATERTOWN FAMILY YMCA SWIM LEVELS



Lesson Levels:

Parent & Tot

Prerequisite: Minimum 6 months of age. Goal is to introduce infants and toddlers to the aquatic environment. Parent and child learn together under the guidance of an instructor.

Level A • Water Acclimation

Prerequisite: Minimum 3 years of age, and beginner swimmer. Goal is to increase comfort with underwater exploration and introduce basic self-rescue skills performed with assistance.

Level B • Water Movement

Prerequisite: Beginner swimmer who is comfortable putting their face in the water. Goal is to encourage forward movement in water and basic self-rescue skills performed independently.

Level C • Water Stamina

Prerequisite: Able to do unassisted glides and floats on front and back, as well as submerge. Goal is to develop intermediate self-rescue skills performed at longer distances than in previous stages.

Level D • Stroke Introduction

Prerequisite: Able to submerge to retrieve an object in chest deep water, tread water and perform unassisted swimming on front and back. Goal is to introduce basic stroke technique in front and back crawl and reinforce water safety through treading water and elementary backstroke.

Level E • Stroke Development

Prerequisite: Able to perform any stroke or combination of strokes for 25 yards. Perform front and back crawl, elementary back stroke, breaststroke kick, and butterfly kick. Goal is to introduce breaststroke and butterfly and reinforce water safety through treading water and sidestroke.

Level F • Stroke Mechanics

Prerequisite: Perform front crawl with bent-arm recovery, back crawl, sidestroke, breaststroke, and butterfly. Goal is to refine stroke technique on all major competitive strokes and encourage swimming as part of a healthy lifestyle.